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UAA Mat-Su Home of the Mat-Su College Arctic Dragons

Mat-Su Monitor

WINTER 2020-21 VOLUME 44 NUMBER 2

Control Your Stress

By Angeli Kristovich

I was driving to the college a few weeks ago and I saw a man and his wife (I think it was his wife, not sure though) riding bikes together. That sight in itself was beautiful. They were smiling, even at a slight inclination while they were peddling. As I was passing them by, I noticed that the man only had one arm. That got me thinking, how did he lose his arm? Was it from an accident? Diabetes? All these questions, but no answer. I came up with the theory that it was something like he got hurt at home and the infection got really bad and lost his arm. A simple, not too scary of a scenario.

Anyway, I am writing about this stranger because I thought it was amazing how good he was riding that bike with only one arm. I have done this before when I was younger. I had ridden my bike to the gas station for a fountain soda, and I had to carry the soda back in one hand and the other hand on the bike handles. It

See **STRESS** *page 11*

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A Steller's jay seen from the porch of one of our editors. Photo by Arin Tampke.

College life

By Arin Tampke

College life during COVID-19 is like riding a bike… Except the bike is on fire, you are going downhill, and someone cut the brakes.

All jokes aside, College during COVID-19 has been a less than desirable experience for many. From my experience the atmosphere of campus life is dead; there's a certain stagnant vibe to the campus now that we're mostly online. When I'm on campus for my class the parking lots are almost always empty, the days of parking far away from the buildings are over now. Instead of going on campus to network with my peers and speak with professors I now must email if I need to discuss classwork. This has been the hardest for me, while I might not be as outgoing as my peers, I still enjoyed seeing people mulling about. The lack of human interaction has begun to take its toll on everyone from students to professors. We now have check-

See **COLLEGE** *page 3*

MSC SGC

Get involved with your STUDENT GOVERNMENT
Meetings Wednesdays
12:00 pm to 1:00 pm Zoom
for more information email uaa_mscstudentgov@alaska.edu
or call (907) 745-9759

Photo by Mariah Elliot

Forgive

By Mariah Elliot

Forgive all the simple things
For forgiveness is a relief.
Forgive the sun for not shining
For it did not want to face the world.
Forgive the clouds for blocking the sun
For they were hiding the sun's pain.
Forgive the rain for falling
For it's the sun crying and the plants need to grow.
Forgive the leaves and cotton for falling from the trees
For they had to shed some weight.
Forgive the grass for growing so tall
For it wanted to cushion the leaves' fall.
Forgive the sky for going dark
For it cannot always be so bright.
Forgive the stars for not shining tonight
For they gave the spotlight to the Northern Lights.
Forgive all these things
But most importantly as well,
Forgive yourself for not being perfect
And for just being... **YOURSELF**!

Upcoming events

December 4: Deadline to apply for fall graduation.

December 17: Final grades available in UAOnline.

January 11: Start of spring semester.

January 22: last day to add or drop a class. Adding a class after January 18 requires instructor approval.

January 28: Alaska Civil Rights and Martin Luther King Jr. Day. Campus closed.

Club meetings

Student Government Council:
Wednesdays, 12-1 PM on Zoom.

Mat-Su Monitor:
Thursdays, 2-3 PM on Zoom.

UAA Anthropology:
Thursdays, 10 AM on Zoom.

Notice

Because of COVID-19, many events have moved online. The upside to this is that you can now easily participate in events organized by our peers on the Anchorage campus! See https://www.uaa.alaska.edu/calendars/ for details.

GET HIRED ON
Free for Mat-Su College students and alumni!
Handshake
3 easy steps to finding your next opportunity!
1 Login with your UA credentials alaska.joinhandshake.com
2 Start building your profile today!
3 Set up your preferences for job types and locations.
Mat-Su College
University of Alaska Anchorage
For more information contact:
907.745.9746
UA is an AA/EO employer and educational institution and prohibits illegal discrimination against any individual.

Photo by Mariah Elliot

The Inspirational Alphabet

A - Having all the attention isn't everything

B - Bravery comes in little acts

C - There is no such thing as being "cool"

D - Drama is a waste of time

E - Not everyone has to like you

F - There is such a thing as forever

G - The best thing to do is just go for it

H - Living happily ever after is possible

I - Everyone is a unique individual

J - You never have to justify your feelings

K - Never let your inner kid go away

L - Love is very real

M - Always believe in the magic that children believe in

N - It's okay to say never

O - Not everyone is optimistic and that's okay

P - People are human, they make mistakes

Q - A queen doesn't need a king

R - People have to earn respect, it isn't just given

S - Beauty sleep is crucial

T - It's fun to get in trouble...sometimes

U - Your dreams and feelings are not unreal

V - Victories come in all sizes

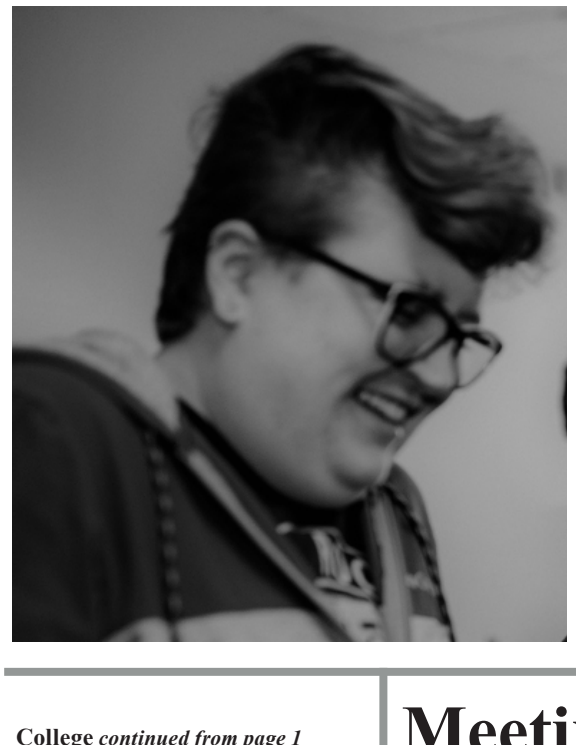
W - Your life is worth living

X - Look at an x-ray, you'll see everyone is made the same

Y - Only you determine your actions

Z - tolerate zero disrespect

Always remember the alphabet



Meet Arin

Greetings, fellow Arctic Dragons!

My name is Arin and I am writing because I've just been elected as your student government president. Last year I served as a senator in student government and it was a blast! I loved working with the student body and helping dreams for events to become a reality. I feel like I can step up my game and serve the student body better as your president. In these trying times we need someone who is flexible and willing to go the extra mile to make events happen via social distancing. As a computer system major, I'm used to working with technology, which is an important skill to have during our COVID-19 affected education. We, as a student body, need to come together and support our peers and I hope I can help you all accomplish this as your president.

So far, I have come up with a few ideas that I want to let you in on. One activity we have been discussing in student government is doing a monthly movie watch party. We would pass out gift cards to the first 25 people who RSVP so you can rent the movie on iTunes or another media platform. With this plan, we would meet via zoom and watch a movie together while discussing the movie. Another thing that has been discussed is doing livestreams of games for students to watch and participate in. There has been discussion of doing games such as Jackbox or Among Us.

There are many possibilities to do virtual events that you as students want to do. If you have any ideas feel free to contact your student government via email or phone during normal business hours. And you are more than welcome to attend student government meetings! The more students we have involved, the better we can serve you.

College *continued from page 1*

ins at the beginning of each class to make sure everyone is doing okay. With the shorter days and lack of sunlight as well as COVID-19 isolations, I expect the morale of students will plummet.

But mostly distance classes have given me the opportunity to take more classes than I normally would. This past semester I've been taking 19 credits, I've just been voted in as student government president, and I've been asked to join the Campus Climate Committee. I'm also one of the editors for the newspaper you're reading right now! So, do not let the isolation bring you down, reach out to someone for support if you need it. Take up a craft to keep your hands busy! With finals approaching and break not too far behind its time to try and think positive. We as a student body can band together and help everyone get past this.

Meeting Employers' Expectations

By Adelìna Rodrìguez

Whether you are entering the workforce for the first time, changing career paths or have been temporarily unemployed, the process of applying for a job can be overwhelming, especially with changing technology driving how you submit an application. What has not changed is the expectation employers have of you for your cover letter, resume and interview. What do employers expect? Simply stated, your BEST version of yourself. If offered a job, you will be representing the employer and profession, so they want to hire the BEST! How does this translate in your application and interview?

Proofread Application

Your application -- resume, cover letter, references -- should be free of grammatical errors and typos. Reviewing for errors is one way employers filter through the number of applications they receive. Highly consider having your application reviewed by a Guidance Counselor or Career Advisor at your local school or Job Center.

Verify Contact Information

When considering a candidate for a position, an employer will verify with your professional references for quality of work, qualifications, and professional attributes. However, references often change their contact information. Always, contact your professional references to first verify that you may use them as a reference and second, that you have their preferred and current contact information.

Alumni, current and prospective students can take advantage of services

Dress Professionally

Whether you are interviewing or attending a job fair, you should always dress professionally. Even in the last Frontier of Alaska, employers have an expectation that you will dress professionally. The industry or profession does not dictate how you present yourself. Again, you are presenting the BEST version of yourself and secondly, representing the employer. This does not require you to purchase a $400 suite. If you have questions on what you should wear, visit with your Guidance Counselor or Career Advisor.

Arrive Early

Plan to arrive for your interview at least 5-10 minutes early. Anticipate traffic and poor weather conditions, especially in the wintertime in Alaska. If you are unsure of the location, make plans to find it a day or two before the interview. As practical as these recommendations may sound, being a part of interviewing committees, I can attest to candidates who miss out on an opportunity because they are not aware of the expectations of employers. Preparing for this next milestone can make the difference in attaining employment. Be proactive and attain guidance on how you can present the BEST version of yourself on paper and at an interview. One-on-one advising is available for feedback on both a resume and cover letter. If you need assistance in preparing for an interview -- what to expect or participating in a mock interview -- you will be guided through the process. Alumni, current and prospective students can take advantage of services offered by the Student Services Career Development Office located at Matanuska-Susitna College. Appointments can be scheduled by calling 907-746-9746.

The *Mat-Su Monitor* is the student newspaper of Mat-Su College. The *Monitor* aims to report college news and serve as a forum for student writing. The *Monitor* seeks submissions of news, editorials, and short fiction from all students, staff, and faculty of Mat-Su College. All students are invited to attend the *Monitor*'s weekly meetings. Details on participating in or submitting content to the *Monitor* can be found at *https://matsu.alaska.edu/monitor.*

The Mat-Su Monitor is funded by the Mat-Su College Student Government Association and our advertisers. For information on advertising in the *Monitor* contact Micah Muer at mwmuer@alaska.edu or 907-745-9758.

The opinions expressed the *Monitor* article are solely those of its authors. They do not necessarily reflect the opinions or policy of the college, its students and employees, or the wider University of Alaska system.

Handshake

Mat-Su College/ UAA students and Alumni can access thousands of internships and jobs,discover career and networking events and more, all through Handshake.

alaska.joinhandshake.com

For more more information contact:
Mat-Su College Student Services
907.45.9746

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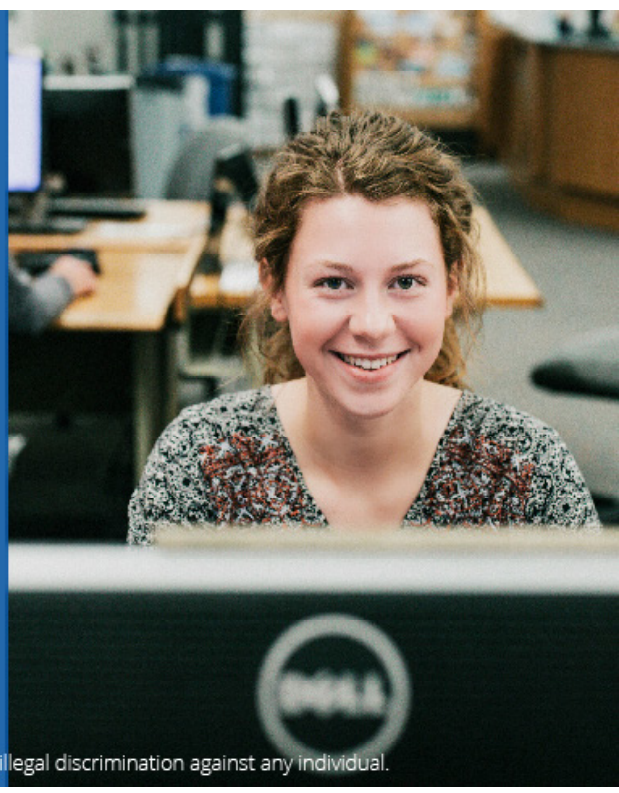

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LOOKING FOR BACK ISSUES?

https://archive.org/details/@matsu_monitor

Over 100 searchable back issues from 1978 to today, with more added regularly!

Online options for homework help

Free, live tutoring help from Mat-Su College Tutors

As of October 2020, Mat-Su College only offers online tutoring. Using a local tutor is a good option because they have a good idea of the curriculum here.

The **math tutor** is available Monday through Wednesdays from 8:30 AM to 4:30 PM, and on Thursdays from 9:30 AM to 2:30 PM.

Writing tutors are available Monday through Thursdays from 9:00 AM to 5:00 PM.

You can sign up for your tutoring session here: https://www2.registerblast.com/matsu/Exam/List

Check the Learning Resource Center webpage for updates on tutor availability: https://matsu.alaska.edu/offices/learning-resource-center

Free, live tutoring help from Tutor.com

Thanks to funding from the State Library, Tutor.com Live Homework Help is available to all Alaska residents! This is a totally free service. There are tutors available from 8:00 AM to 2:00 AM every day of the week. Tutors can help with math, science, English, writing, reading, social studies, world languages, and much more. Tutors are available to help everyone from kindergarteners to college students. Tutors can even help non-students with things like citizenship tests, resume help, and tips for helping children with their homework.

You can interact with the Live Homework Help tutors in a few ways. The least interactive way is by using the "drop off" option. You can submit a math problem or paper. Then, when you have time, log back in to see what the tutors said. Otherwise you can work with tutors in real time by chatting or using a microphone. However you do it, you and the tutor can share a workspace so that you both see your paper or math problem.

To start using Live Homework Help, just go to https://lam.alaska.gov/sled/homework

Other free, online learning resources

- Khan Academy (https://www.khanacademy.org). Many thousands of videos covering dozens of academic subjects. Suitable for all ages.
- Purdue OWL (https://owl.purdue.edu). A very useful guide to write papers in MLA or APA style, with examples of citations and paper layout.

MAKE A POSITIVE IMPACT IN YOUR COMMUNITY

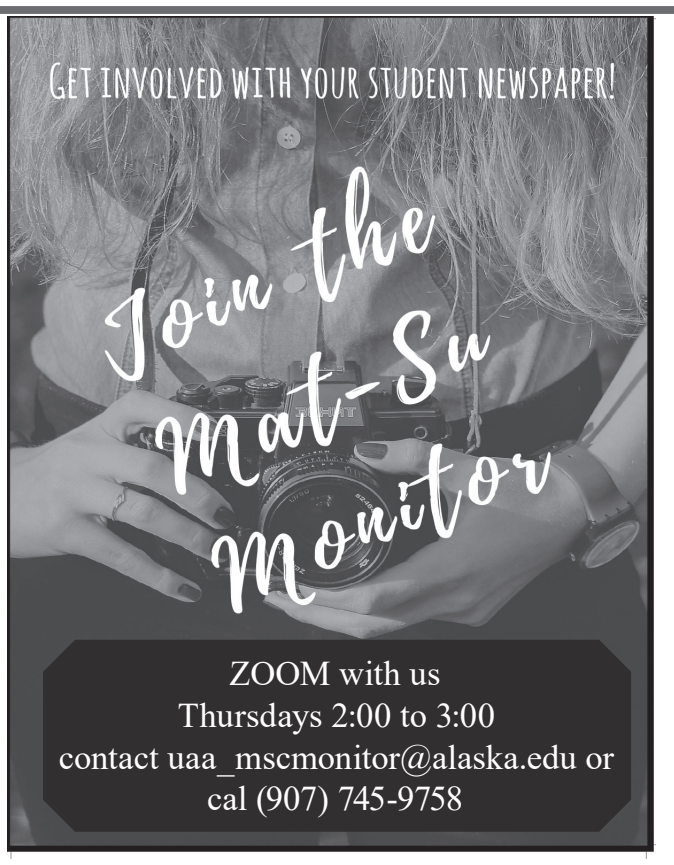
Play an important role on the Mat-Su College Campus. Being on a committee can help to enhance your career, give you a chance to give back to your community, and give you the opportunity to challenge yourself by helping to shape your society.

Current Mat-Su College Committees open to the student body:

Board of Elections	Rules Committee
Concert Committee	Pizza Committee
Constitution Committee	Planning Committee
Dance Committee	Finance Committee
Health and Wellness Committee	

Or join one of the student clubs. Clubs are a great place to meet like minded people, have fun, learn new things and relax. Many clubs are on pause during COVID-19, but some are still active, including the Mat-Su Monitor, the LGBTQ+ Club, and possibly others. See the college website for the latest details or email matsu.monitor@alaska.edu.

Joining a committee or club looks good on resumes as well as gives you a chance to connect with fellow students, staff and faculty. You owe it to yourself to try them out. If you don't see a club that interests you, you can start one of your own. Student Government will fund you up to $300 to cover expenses. You can pick up a form at the Student Government office in JKB 114, near the café.



Video on Writing Center

Watch this short video on the UAA Writing Center to learn how to utilize this free resource: https://www.youtube.com/watch?v=SDi8XPerwW4 . In addition, the Learning Resource Center (LRC) at Mat-Su College (MSC) provides tutoring services to students taking MSC classes. All services this semester require appointments, which can be scheduled on the Learning Resource Center website or on https://www2.registerblast.com/matsu/Exam/List. Here is a list of resources available to you this Fall Semester:

MATH TUTORING

- •September 8th to December 10th, 2020
- •Monday-Wednesday 8:30 am-4:30 pm and Thursday 9:30 am-2:30 pm
- •Make an appointment and wait for instructions via email
- •You will need a computer or smartphone to access tutoring
- •NOTE: math tutoring at Mat-Su College is available for Mat-Su College math courses only. If you are in a math course offered from another campus, please reach out to that campus for math tutoring.

WRITING TUTORING

The LRC temporarily does not have a writing tutor, but the following tutoring resources are available to students:

- •UAA Learning Commons - online tutors for a variety of subjects
- •Tutor.com - chat with a live tutor from 8:00 am-2:00 am Monday-Friday or 12:00 pm-2:00 am Saturday-Sunday
- •UAF Writing Center - online tutors for writing skills

MAT-SU COLLEGE LEARNING RESOURCE CENTER (LRC) CONTACT INFORMATION:

907-745-9772 matsutesting@alaska.edu

Monday-Friday 8:30 am-5:00 pm (Appointment Required)

Students need to schedule an appointment to use the Learning Resource Center (LRC) during this Fall Semester. Face masks are required on campus.

Student Services at uaa_mscinfo@alaska.edu.

Participate in the Mat-Su College Art/Word Art Show!

The Mat-Su College Art Department welcomes digital submissions for an Art/Word show. This art show is open to all community members, including students and employees. The deadline to apply is January 9, 2021. Find more details and apply online at https://shorturl.at/akxBC

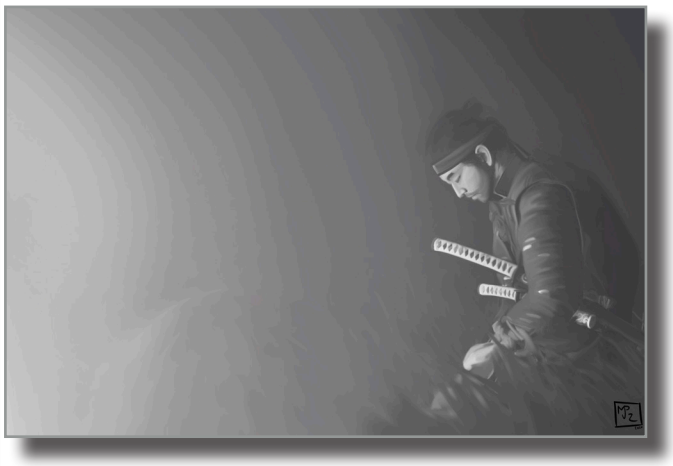
Why Students Need Arts Education

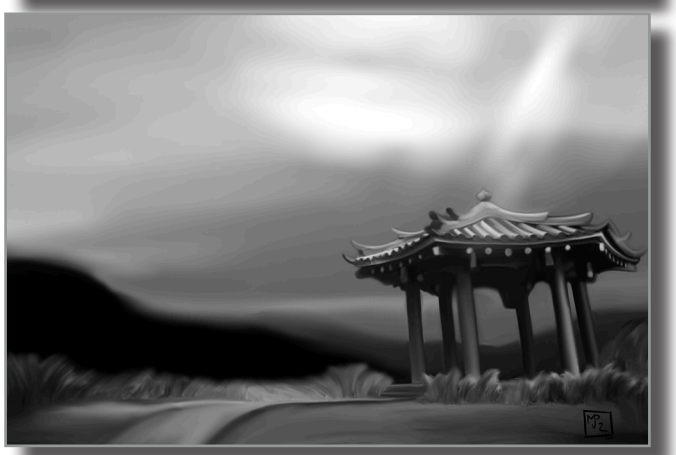
Young people who participate in the arts are:

- 4 times more likely to be recognized for academic achievement
- 3 times more likely to be elected to class office within their schools
- 4 times more likely to participate in a math and science fair
- 3 times more likely to win an award for school attendance
- Participate in youth groups nearly four times as frequently
- Read for pleasure nearly twice as often
- Perform community service more than four times as often

(Study by Stanford University and Carnegie Foundation For the Advancement of Teaching; 1998)

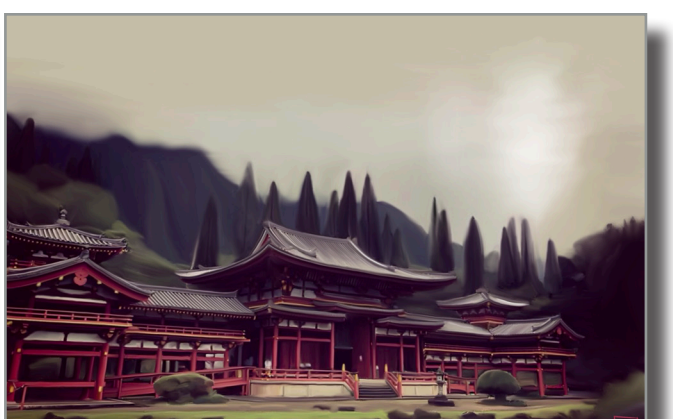
Michael Provo Fine Art





The Mat-Su College Art Department is putting on a virtual art show with the works of Michael Provo. Michael was born in Anchorage, Alaska, raised in Palmer, and currently lives in Wasilla. Michael works in ink/pen, oil paint, and more recently, digital mediums. His art covers a broad range of themes -- from underwater seascapes to war. His deep interest in Japanese history, culture, and art informs his specialization in traditional Japanese styles of art. He brings a combination of classical paint styles to Japanese-themed pieces, creating a beautiful mixture of the two art forms. He works as a commissioned artist, creating comic book art that is featured and sold at Aegis Comics Alaska in Wasilla. Michael took his beginning courses at Grandview University and further refined his foundational drawing and painting skills with Felicia Desimini at Mat-Su College. He is currently at work on a Bachelor of Arts.

View the entire show at Mat-Su UAA Art Department facebook page: https://www.facebook.com/Mat-Su-UAA-Art-Department-1461417980778378



For further information, please contact the artist by email: mjp2customwork@gmail.com

Standard Prints: 16x20, $100, limited to 10 prints, signed and numbered. Canvas Prints: 20x30, $200, limited to 5 prints, signed and numbered.

Hi Mat-Su College students,

Want an audience for your opinions, college news, reviews, photography, or creative writing? Are you looking for a student club that is relaxed, positive, encouraging, and open to everyone?

The Mat-Su Monitor is the Mat-Su College Student Newspaper. In print since the 1970s, the Monitor publishes 4-6 times a year. We reach everyone on campus and thousands of readers across the Mat-Su Valley. We are a student-run publication!

Even if writing's not your thing, we can always use help with so much more. We need people who can do graphic design, sell ads, balance our budget, manage our social media accounts, and so on.

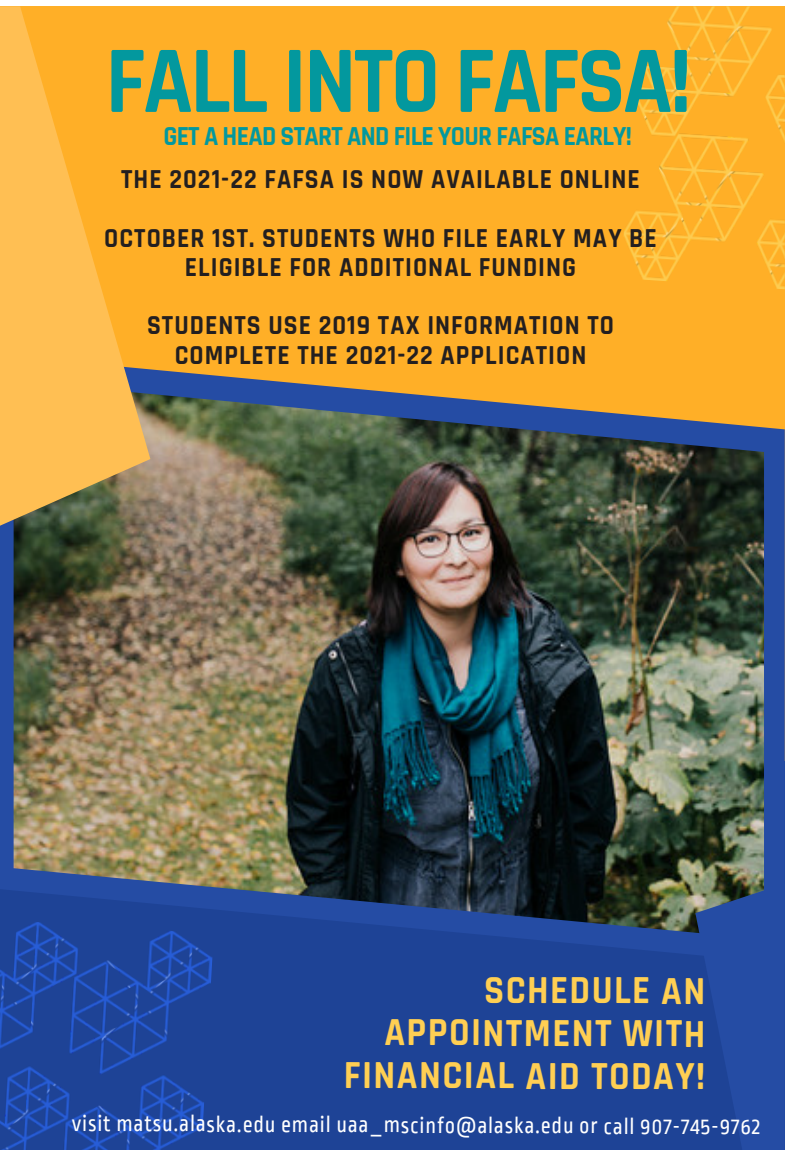
For more information, contact uaa_mscmonitor@alaska.edu.

You can also come to our weekly Zoom meetings. Those are held from 2-3 PM on Thursdays. Just use meeting ID 973 7254 8119 or this link: https://alaska.zoom.us/j/84913655245

Our first deadline is October 9th, so if you're interested, now's the time to get involved!

Thanks for your attention! Have a great, safe semester!

Mat-Su Monitor


FALL INTO FAFSA!
GET A HEAD START AND FILE YOUR FAFSA EARLY!
THE 2021-22 FAFSA IS NOW AVAILABLE ONLINE
OCTOBER 1ST. STUDENTS WHO FILE EARLY MAY BE ELIGIBLE FOR ADDITIONAL FUNDING
STUDENTS USE 2019 TAX INFORMATION TO COMPLETE THE 2021-22 APPLICATION
SCHEDULE AN APPOINTMENT WITH FINANCIAL AID TODAY!
visit matsu.alaska.edu email uaa_mscinfo@alaska.edu or call 907-745-9762

Tips from teachers:

how to do well in an online class

You might think that online classes are easy. They are not. Or, rather, they're not easy if you think of them as normal classes but with pajamas. In fact, just like working from home, online classes require extra self-discipline and self-motivation. That's because you don't have a teacher standing in front of you for three hours a week, telling you exactly what to do and when to do it. But even online they're still there to help you, as demonstrated by the many people who respond to our request for tips for online students.

Anonymous:

Students should read the syllabus and note the due dates for assignments.

Students should check Blackboard at least once a week for announcements and updates.

Use a system to organize the material from each course so when you submit assignments via Blackboard the correct file is uploaded.

Communicate with your professor often via email and Zoom. They really want to help and are happy to discuss the material with you.

Deborah Bannan, human services professor:

Set-up a time to chat with your professor in the first few weeks of class (make sure your audio and video work). You can talk about the class, your educational interests, questions you have, etc. This will help you both to get to know each other and open the lines for communication for the rest of the semester. You may not think so, but your professors will LOVE talking with you!

Ed Bennett, business administration professor:

I'll share the obvious - communication with the professor. I have found that I have lost students when there is no communication - either by email, txt message or phone call. I try to communicate with each of my students thru Blackboard announcements, grading sheet feedback and emails. But, even doing this I have lost students. I note when they are behind and early in the semester I reach out to student services on their behalf but, if they do not make the effort, I stop wasting my time (that seems harsh but, it's the reality).

Kathleen Bodolay, American Sign Language professor:

Set up an 'official work space'. I have had students complain that it was hard to get into the mindset necessary to engage in their classes. Get off your bed, couch, floor, etc., brush your hair, put on a clean shirt - act as if you will be attending in person classes - and go to your work space. This should be a table or desk with a chair in which you are sitting upright.

Sheri Denison, writing professor:

1. Read the assignments carefully. Ask instructors if you have questions … but start with a good read of the assignment. You should likely do so AFTER you have finished reading/listening to/covering the week's materials.

2. Talk to your instructors frequently. Ask questions early instead of late: a question asked on Sunday night at 9:55 p.m. before a midnight deadline is not likely to get answered in time.

3. Avoid waiting until last minute. This is lethal. If you wait to work on a paper, for example, that is due on Sunday at midnight, do not start writing on Sunday morning. You might get help in time before the Sunday deadline … you might not. Also, avoid posting assignments at last minute if at all possible, just in case you have technical issues.

Annie Hornung, writing professor:

My advice would be for students to ask questions. I know that sounds simple but it helps a lot for me to know what to address; it also helps me to get to know students better and to understand their needs.

Jeremy Nettleton, biology professor:

Embrace online office hours. Your professors want to help you succeed. With screen sharing and video chat, it's really easy to get the support you need.

Kathleen Nevis, biology professor:

1. Check Blackboard MULTIPLE times a week. Many students rely on the emails that are pushed from Blackboard. However video announcements do not come through those emails and therefore important information is often missed

2. Get a calendar and establish a weekly schedule that you can dedicate solely to class.

3. Utilize the library, its a quiet space free from distractions.

4. Ask questions if you don't understand something. In the online format, instructors can't see facial expressions and don't know if you are struggling until its too late. We can not help if we don't know you need help.

Joey Pavia-Jones, math professor:

When the professor has office hours by appointment, request an appointment. Feel free to ask for help, that's what we are here for.

Communicate, communicate, communicate. There is no such thing as too much.

DRAGON APPROVED EVENT
Start your journey here!
JOURNEY
Mat-Su College
What?
Journey = Fun, free on-campus activities supporting your health and wellness!
When?
All semester.
Check matsu.alaska.edu/journey for details
Why?
College is tough! Journey activities help you maintain health, focus, and well-being.
What's in it for me?
Meet new people, earn extra credit, and win prizes. Have fun with Journey!
Check the Journey website weekly for full activity descriptions, updates, and new events. All Journey events are free. You'll want to sign upon the website for events requiring advance registration.
http://matsu.alaska.edu/journey/
Mat-Su College Journey activities and behavioral health care services for students are supported by a Healthy Impact Grant from the Mat-Su Health Foundation.

WHAT'S NEXT?
CONSIDER A CAREER AT MEA
• Great job opportunities and employee benefits
• Internships and full-time positions available
MEA is an equal opportunity employer and all qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, disability status, protected veteran status, or any other characteristic protected by law.
For job openings and available internships visit:
www.mea.coop
MEA
MATANUSKA ELECTRIC ASSOCIATION

Thankfulness Journey activity

Below are the responses for the Thanksgiving Journey activity in which students and employees were asked to share what they are thankful for. Journey is a series of events and activities designed to help students stay healthy and stress-free(ish) as they move through college. See upcoming Journey events at https://matsu.alaska.edu/journey/

Sharing Our Gratitude!

We all have something or someone to be grateful for this Thanksgiving holiday. Let's see who/what our community is most thankful for this season!

I am most thankful for my family. My parents, my children, my grandchildren. I am thankful that they all live close and we visit often. I am thankful we are all well.

-Anonymous

I am very grateful for YouTube. YouTube is one of the best resources to study for math and chemistry. It has helped me through my classes very well.

-Jaden Lewis

This year I am incredibly grateful for the extra time I have gotten to spend getting to know my little brother.

-Taylor Nelson

I am thankful for family, my friends, my plants, music, chocolate, Minnesota, and the ability to read and think for myself.

-Micah Muer

I am thankful for the ability to FaceTime and talk over the phone with my family, especially now when we haven't been able to visit in person in a while.

-Taylor Henry

I am thankful for all the different ways to eat potatoes!

-Anonymous

I am grateful for my family, friends, and pets.

-Anonymous

Thankful…Others
I am thankful for my home, others are homeless.
I am thankful I have enough to eat, others are hungry.
I am thankful I have a job, others are unemployed.
I am thankful for family and friends, others are alone.
I am thankful for my health, others are sick.
I am thankful for God, others don't know He exists.
I am thankful for so much, others ....

by Bettina Reeder

I am thankful to be able to work in a helpful environment with some of the best co-workers I've ever had. I am thankful to still be able to be in school despite all the hardships happening right now in the world.

-Alexis Hinther

YOUR CLUB'S AD COULD BE HERE!

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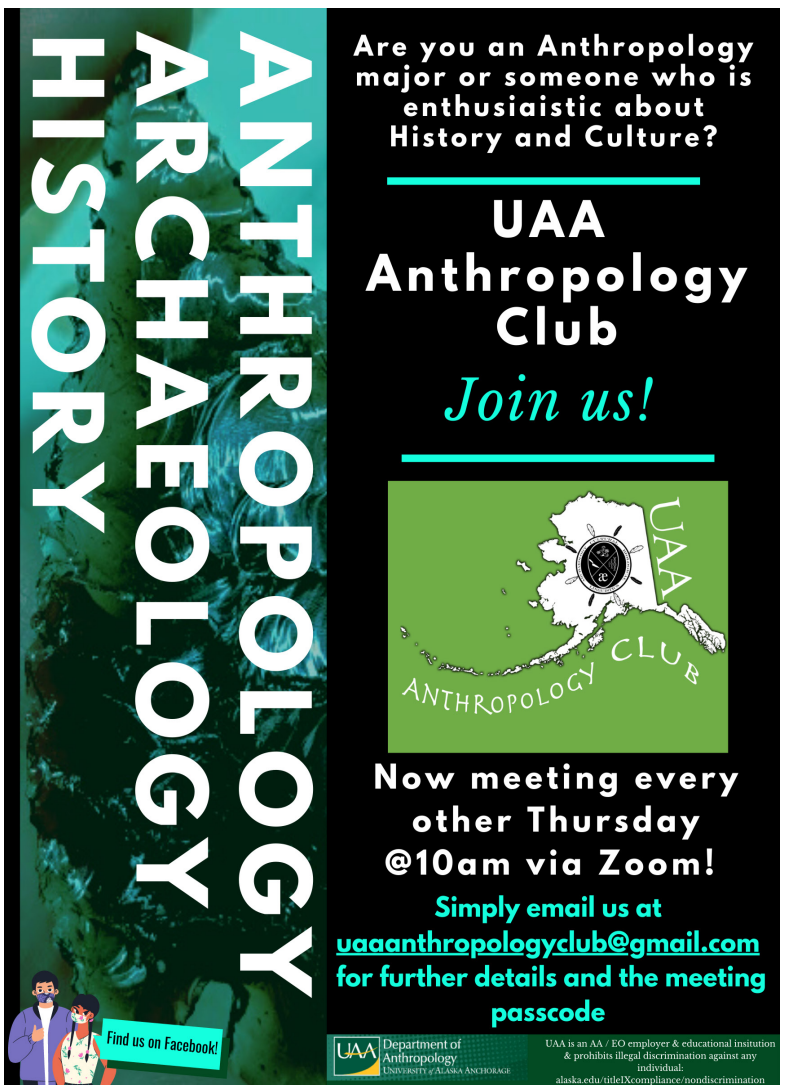
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Winter Holiday Peppermint Crackle Cookies

We learned about this from Maya Wilson's "peppermint chocolate crackle cookies" recipe that appeared on the ADN website on December 30, 2017. If you follow these instructions to the letter -- which is the first rule of baking -- then you will have a very sightly and tasty batch of cookies.

Ingredients you'll need:

- baking powder: 1 teaspoon
- butter: 3 tablespoons
- cocoa powder: 3 tablespoons
- eggs: 2 eggs
- flour: 3/4 cups
- peppermint extract: 3/4 teaspoons
- powdered sugar: 1 1/2 cups for recipe, 1/2 cup to sprinkle on cookies
- unsweetened chocolate baking bar: 2 ounces

Equipment you'll obviously need

- Oven
- Cookie sheet
- Cooling racks (ok, so this isn't obvious or necessary, but handy)

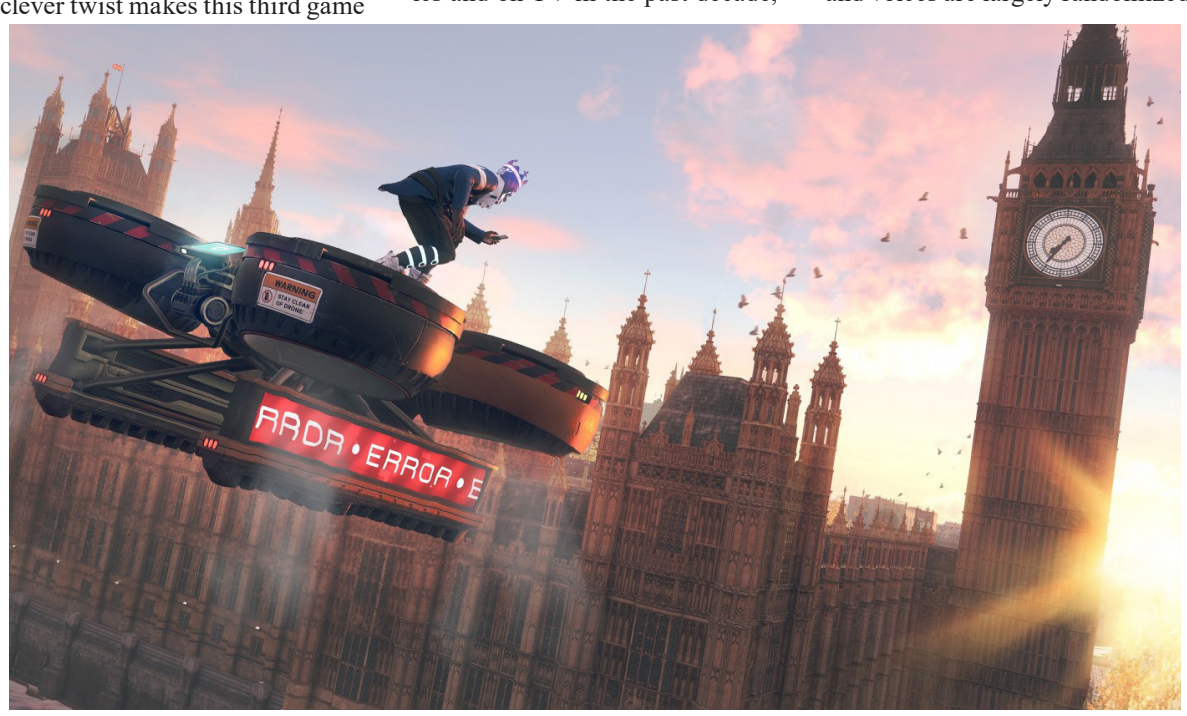
Directions:

1. Preheat your oven to 350 F.
2. In a bowl, melt chocolate and butter. You can do this in the microwave at 10% for a minute or two.
3. In another bowl, beat eggs and then add peppermint extract.
4. Combine the bowl of eggs and peppermint with the bowl of butter and chocolate.
5. In a third bowl, combine flour, powdered sugar, cocoa powder, and baking powder.
6. Now combine all your ingredients and stir until you have a soft dough.
7. Make small balls of dough with a cookie scoop. Now roll these in some powdered sugar until they are uniformly covered. The easiest way to do this is to coat your hands in powdered sugar (so the dough doesn't stick) and then roll the dough balls in a bowl that has about a half cup of powdered sugar in it.
8. Now put the dough balls on a cookie sheet and bake for about 7-8 minutes. Use parchment paper if your cookie sheet isn't non-stick.
9. After taking the cookies out, let them cool on the sheet for about five minutes before moving them to a wire cooling rack.

Watch Dogs: Legion: A Bloody Good Time

By Arin Tampke

After playing the first Watch Dogs, I didn't have high hopes for Legion. After decades of running over pedestrians by the dozen in open-world action games without a second thought, it's a little unsettling to think that each of them might have unique talents and even the potential to be a hero. Not so much that I drive more carefully or anything, but after playing Watch Dogs: Legion I think about it a bit more. Legion's clever twist makes this third game in the series play like a hacker version of State of Decay, where every NPC can be recruited as a playable character and each has their weapons, abilities, and traits that can give them very different play styles. That lends it a much more sandbox feel than the previous games because any given character can make the same mission feel dramatically different. It can be rough and experimental in places, but I have to hand it to Ubisoft for being willing to take chances like this.



Screenshot of Watch Dogs: Legion

Legion's map is a vision of a near-future London metropolitan area, and similar to Watch Dogs 2's compressed version of the San Francisco Bay Area it is beautifully detailed and immediately recognizable – but this time it's also starkly different from how we know it. Its skies are dense with autonomous drones patrolling the streets and ferrying parcels; streets are filled with a mix of old gas-guzzlers and Tesla-style self-driving cars, and its landmarks are emblazoned with corporate-fascist banners and bright holographic projections. There aren't a lot of direct connections to the previous two games, but the story still centers around the DedSec hacker/vigilante group, this time-serving as a resistance movement against a techno-fascist police state that's clamped down on Britain's freedom after a major terrorist attack (blamed on DedSec). There are some overt political themes in play here, such as privatizing the police being a bad idea, how giving up personal privacy for convenience and security is a good way to end up in a dystopia, and maybe immigrants shouldn't be rounded up into camps and deported.

Each chapter of the lengthy story campaign plays out like a Black Mirror episode about technology and greed run amok in the hands of sociopaths. I've seen most of these same ideas in movies and on TV in the past decade, but it does have some decent villains going for it, including a totalitarian tech mogul and a ruthless leader of human-trafficking gangsters. Your ally characters, meanwhile, are all fairly bland and forgettable – but DedSec's resident smart ass AI, Bagley, is a genuinely funny persistent voice in your ear who playfully mocks your human abilities without becoming a GLaDOS knockoff. There's plenty of it, too. If you're stopping on the winding road toward uncovering the identity of the mysterious Zero-Day terrorists to do side quests, recruitment missions and collect optional stuff, I could see a playthrough lasting you in the neighborhood of 40 hours.

It's good that Bagley steals the show because the playable characters do not, simply because there are so many of them. Instead of controlling an individual like Aiden Pearce or Marcus Holloway, you're controlling the entire team and can swap between them at will. More than that, the big idea of Legion is that virtually any NPC can be recruited into DedSec, and that system is pretty well realized. Just walk up to anybody you see on the street, scan them to check out their abilities, and then do a mission for them – usually, something involving beating up some gangsters or wiping incriminating evidence from a server – and then they'll join up and become playable. Whether it's a construction worker, a stockbroker, a medic, a protester, a hitman, or even a security guard, they can all be recruited in one way or another, though sometimes you have to work a little harder by drilling down into their profile to find ways to win them over.

It feels a bit like hunting and dominating Orcs in Middle-earth: Shadow of War, and finding a powerful character – such as a drone specialist or a spy – is like striking gold. Their appearances and voices are largely randomized and are enough of them in the mix that I didn't see a lot of repetition in my single playthrough, though if you choose to spend your time recruiting an army you're bound to see some same quests a few times. Also, some voices are changed up by modulating them heavily, which can lead to some people sounding as though they're in the Witness Protection Program, and the lip-synching overall isn't great. These folks are less powerful than a typical action game character because they never individually gain new abilities as Aiden and Marcus did. It can feel a bit limiting to only have access to a few weapons and skills at a time, but it's actually kind of refreshing to not play as a jack of all trades. I did feel like I'd seen most of what Legion had to offer in the first third of the campaign but finding new and unique people to play refreshed it every once in a while. Happening across a street magician who dresses like a high-tech pimp was the shot in the arm my playthrough needed, especially because his special ability is to hypnotize an enemy to fight for you in the middle of combat. He's become a favorite of mine. That said, I've yet to find anybody with some signature abilities of Watch Dogs 1 and 2; there's no changing traffic lights, no calling in of police or gang members to attack a target, or city-wide system crash as far as I've seen. I missed them a bit, but I don't mind Legion breaking out of the series' habits a little. Speaking of which, the extreme arcade-style driving is pretty thoroughly de-emphasized – only a handful of story missions involve driving vehicles at all, and police chases are trivial to avoid.

Legion is much more concerned with piloting drones, and there are a few obstacles courses you have to navigate with flying drones that are more interesting diversions from the regular gameplay anyway. Many areas also integrate the same power-flow puzzles from Watch Dogs 2, overlaying their rotatable nodes onto the real world with augmented reality and sometimes asking you to complete them while under fire. They're rarely very tricky but it's still a very clever approach to puzzle gameplay.

The most interesting characters play substantially differently. You can use someone with lots of heavy weapons (like a military veteran) to shoot your way through most missions with relatively straightforward gunfights, or just about anybody can use cameras and tiny spider drones (fact check: they only have six legs, they are not spiders!) to reach an objective and hack it without ever physically setting foot in an encounter area. Alternatively, recruiting a member of the private police corporation and using them to infiltrate guarded areas plays like a Hitman game since you can stroll through undetected as long as you don't tlet anybody get too close a look at you. There are a lot of possibilities, and the intricate level design goes a long way toward enabling you to come up with different ways to approach most of the scenarios – including using the construction worker's slow-flying cargo drone to bypass half a mission.

While characters don't level up, there's a selection of persistent upgrades that you can unlock that are applied to the whole group: improved drone hacking, faster pistol reloads, a personal cloaking device, that sort of thing. It does give you some overall progression as you go through the campaign, and I like how these are unlocked using Tech Points you gather by exploring the world and going out of your way to find during missions. It's a good way to encourage you to investigate every area of the map rather than just racking up XP with headshots.

However, this leaves the money you earn feeling pretty useless, since it's only used to unlock clothing options that have no impact on gameplay. Similarly, just like in Watch Dogs 2, the emphasis on non-lethal weaponry is puzzling because it functions pretty much identically to bullets and no one seems to be keeping track of how many corpses you leave in DedSec's wake – that's all just for us to role-play as non-murderous vigilantes if we chose to, I suppose.

One of the most daring alterations to the typical open-world action game setup that Legion makes, though, is that these characters are all expendable and that changes the way death works in very affecting ways. By default, getting shot, beaten down, or blown up in a mission sends a character to the hospital or prison, and they're unavailable while they recover or pay their debt to society, as represented by a timer on their portrait on the Team screen. But if you're playing with permadeath enabled (as I did) the stakes of every mission immediately feel much higher than in any GTA-style game I've ever played.

In this mode, losing someone in combat means they're straight-up dead and you lose access to their skills permanently. Sure, some of them are easily replaceable (every construction worker or guard has the same abilities, for instance), but the special characters are hard to come by. I've had some memorably close calls where I narrowly avoided death… plus a couple of losses I'd classify as "some bullshit," like when my car barely nudged an explosive barrel I didn't even see and instantly exploded (I'd have thought it was a bug if I hadn't been recording the footage).

In general, though, it's not too hard to stay alive if you're careful. Your health recharges quickly if you can avoid damage for a few seconds, so even when things look dire a tactical retreat can save your bacon. A cheap upgrade allows you to do a free melee instakill on a bad guy every 30 seconds or so, which makes it easy to get out of trouble when you're caught sneaking around (provided you're not in a crowded room). And thankfully there's barely any fall damage because dying because you misjudge a jump by a few feet would be an awful way to go. Even if you do lose some people, or if they're randomly kidnapped off the street (yes, this happens quite a bit) don't worry: it's going to be fine. Yes, your game will end if you have no more agents available, but getting more isn't hard and Bagley will frequently point you toward new elite types to recruit. More than that, I've found I've earned a fair number of recruits just by marking people I see who have the potential for later recruitment (effectively saving them so you can do their recruitment mission later) and then happening upon ways to earn their loyalty almost by accident. For instance, you'll occasionally see a character with a red icon over their heads identifying them as an adversary of someone you know, and eliminating them will earn you a recruit.

See **WATCH DOGS** *page 11*

QUOTES

¨Look, everybody has secrets. We wouldn't be ourselves if we said, out loud, everything that we thought. We'd barely even be people. We'd be boundaryless amalgams of boring, basic desires with a dash or two of average, utterly familiar fears. Okay, maybe that sounds a little pretentious. I think what I'm trying to say is that it's our secrets that make us who we are, just as much as our hopes and dreams do."
"Expelled"
James Patterson

"The mistakes you make now count not for everything, and not forever. But they do matter, and they shape you. If you take nothing else from what i've been through, at least remember this: make your choices well, because you'll always be accountable for them. That's what being an adult is about."
"The Moon and More"
Sarah Dessen

PUNNY BUSINESS

My Brother-in-law quit his job as a can crusher because it was soda pressing.

I met a woman who absolutely hated hearing string quartets. Guess she wasn't prone to violins.

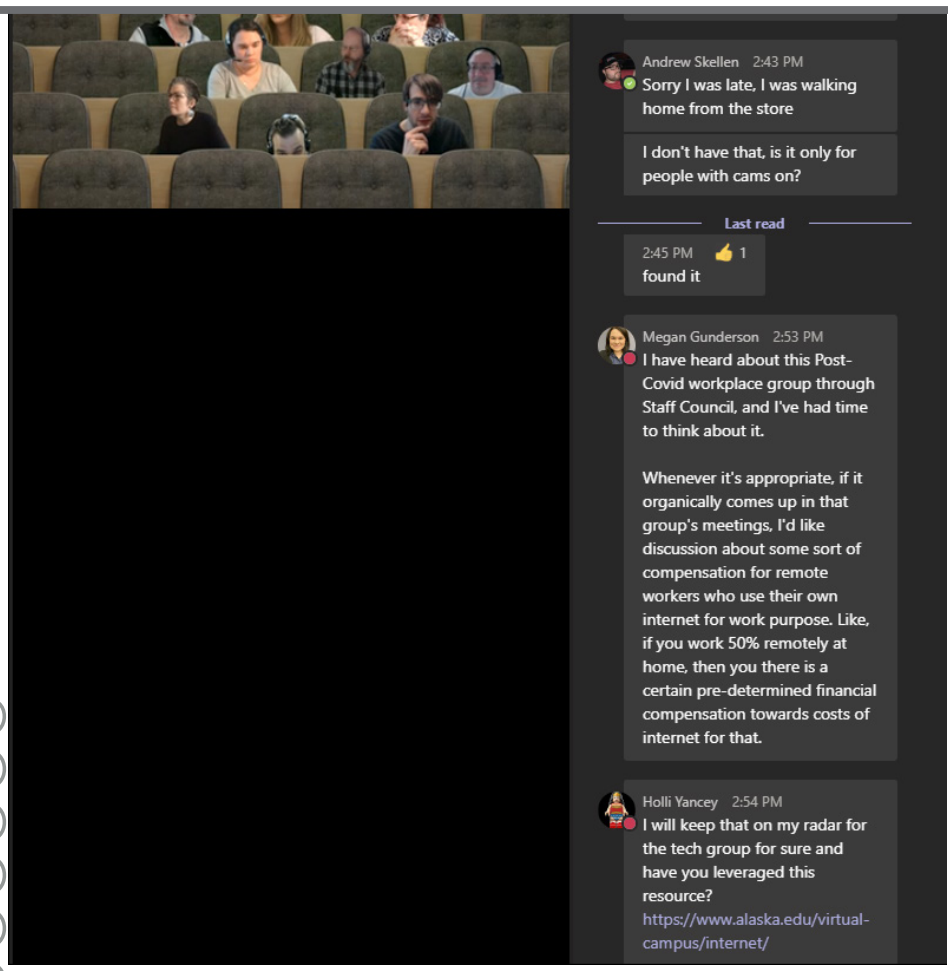
No matter how much you push the envelope, it'll still be stationary.

The past, the present, and the future walked into a bar. It was tense.

I got fired on my very first day at the bank when a customer asked me to check his balance, and I pushed him over.

The biggest knight in King Arthur's round table was Sir Cumference. He acquired his size from eating too much pi.

I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.


Andrew Skellen 2:43 PM
Sorry I was late, I was walking home from the store
I don't have that, is it only for people with cams on?
Last read
2:45 PM 1
found it
Megan Gunderson 2:53 PM
I have heard about this Post-Covid workplace group through Staff Council, and I've had time to think about it.
Whenever it's appropriate, if it organically comes up in that group's meetings, I'd like discussion about some sort of compensation for remote workers who use their own internet for work purpose. Like, if you work 50% remotely at home, then you there is a certain pre-determined financial compensation towards costs of internet for that.
Holli Yancey 2:54 PM
I will keep that on my radar for the tech group for sure and have you leveraged this resource?
https://www.alaska.edu/virtual-campus/internet/

Here's how it works: A R C T I C D R A G O N
is B S D U J D E S B H P O

One letter stands for another. In this example the letter B stands for the letter A so all the Bs stand for the letter A, Ds stand for C, etc. Single letters, apostrophes, and word length are all clues. The code letters are different for every puzzle. HINT D = R

A B C D E F G A E H I J J C K K L K G E A A C G M L A B N F O P X

A C N Q A L O P Q F D R L O P K Q F J C K . ~ M L S S D E P C D K C

Start and End this maze in the S and the E Pass through as many SnowflakEs as possible

Stress *continued from page 1*

was difficult because of balance, and every time I would go over the indents of the sidewalks, I would kind of lose my balance, then gain it back again. It wasn't that easy of a task and it was a hardcore ab workout too!

When that man was riding, he was doing a fantastic job and all with a smile on his face. I like to believe that he has overcome a lot of things that come along with losing an arm and he is still able to find moments to smile, even when riding uphill, one-handed. It made me take a moment and think about my life and how I am in a sense "riding uphill" with going to school full time, working full time, and being a wife. It feels like such a struggle sometimes and it's like I'm riding uphill, one-handed, pulling on the bike's handlebars, which is causing me to swerve rather than centering my weight and using my legs to keep going. Meaning, I'm struggling more than I probably should be because I am trying to rush through life. Which makes me think of a song that goes, "I'm in a hurry to get things done, oh I rush and rush until life's no fun. All I really gotta do is live and die. But I'm in a hurry and don't know why."

This song fits perfectly with the chaos I allow myself to stress over. There is no reason why I should be rushing to the end of my days because not only am I making myself miserable, but I am making others around me miserable too! Next semester I am going to choose a healthier time schedule for my life that will allow me some time for me, my family, and work. That means I will take fewer classes and see how that goes. I have a friend who has been in college for quite a while now and at first, when she told me that she has been in college since 2013, I was shocked. But then I looked more into it and she has a family (like me) works full time (like me) but she also makes time for herself to do outdoor stuff and make good memories.

I don't want to look back and realize that I spent my younger years stressed out over something that I have some control over – my time. I think especially with all the stress that this virus has brought on to the world, self-care and love are extremely important because feeling like I'm riding uphill one-handed all the time can't be healthy. So, why don't we all think about our future mental health and see if there are any areas that can be changed and improved to better serve you.

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- - Anyone else who wants to participate in a college newspaper!

For more information, or to submit article online, search Mat-Su Monitor on the college website

Wednesdays 2 to 3 on Zoom

Watch Dogs *continued from page 9*

Screenshot of Watch Dogs: Legion

Those aren't the only connections you'll spot: icons over random pedestrians' heads will indicate that they're related to one of your recruits somehow, either by family or friends or lovers. One time I came across an elderly woman with an icon over her head, and when I scanned her it revealed she was the grandmother of one of the characters I'd gotten killed, saying he'd died fighting for something. That was a nice little touch that added to the illusion of all of these NPCs being actual people. Even with all of this, I often found myself wishing Legion had gone even further to differentiate these mortal characters, and given me real reasons to take

Screenshot of Watch Dogs: Legion

people with negative traits. I've seen characters with the hiccups, who alert enemies around them to their presence, and even someone with a trait called Doomed, who had a chance to spontaneously die for no reason. But why would I play as them if they have no powerful skills to balance them out? I also craved the opportunity to invest in individuals and make them even more powerful, but also take a bigger blow if I lost them. There's a whole world of rogue-like design ideas out there that Legion only seems to scratch the surface of. In a year that's included games like Hades and Spelunky 2, I'd have loved to see it push that envelope a little further.

Finally, a heads up that we've seen a fair number of crashes (on both PC and Xbox One – we haven't seen PlayStation 4 copies as of this writing), so if you can wait for a few patches to smooth things out that might be a good call.

Business owners!

The Mat-Su Monitor is a great place to advertise your business or event. The Monitor has a wide circulation, with thousands of copies inserted in the Frontiersman and distributed throughout the Valley. We also have low rates:

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